

# Mushroom Smothered Steak

Mushrooms have become one of my favorite foods. I could probably eat a quarter cup every day. They are also healthy. Mushroom smothered steak can be made with either mushroom soup, or gluten free gravy on top. Additional sides include a plate of noodles with peas and carrots. A bit messy, and gluteny. This meal is a quick comfort food and could possibly be cooked in an aluminum pan on a grill, if necessary. A caution about mushrooms: Be sure you know where they came from and they are safe to eat. Most yard mushrooms are not safe to eat.

## Pre Cook Preparation:

Marinate: 1 to 2 hours

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

## Meal Adaptations:

### Physical Accommodations:

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

### Visual Accommodations:

Use colored chopping boards

## Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Pepper

Spices

## Meatless Preparation Avoid:

Beef

Butter

Substitute with: \_\_\_\_\_

## Utensils:

Fork

Pot holders

Steak knife

**Pan:** Glass or ceramic oven safe dish with a lid, as large as the meat.

**Ingredients:**

**Meat:** Choose a 2 pound package of:

- Bottom round steak
- Chuck steak
- Chuck eye steak
- Eye round steak
- Porterhouse steak
- Rib steak
- Round tip steak
- Shoulder top blade steak
- T bone steak
- Top loin steak
- Top sirloin steak
- Top round steak, or
- Tri tip steak

**Vegetables:** Choose 2 or 3 of:

- 15 ounces of carrots
- 1/4 cup of mushrooms
- 1/4 cup of onions
- 15 ounces of peas
- 15 ounces of potatoes (mashed or instant)

**Other ingredients:**

- 1 packet of beef gravy (gluten free)
- 1 tablespoon of butter
- 1 can of mushroom soup (gluten free)
- Dash of salt
- Spices such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Slice onions and mushrooms.
2. Place meat in pan.  
It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.
3. Add a dash or two of salt to the steaks.
4. Place sliced onions, and mushrooms randomly on the steaks.

5. Gently pour the can of mushroom soup over the steaks.

6. Place pan in oven.

Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.

7. About 30 minutes later, add vegetables to cook on the stove top.

**Cook Temperature: 350 degrees**

**Cook Time: 1 hour**

**Servings: Each steak should make 2 to 3 servings**

**Storage Solutions: Square containers in individual servings with or without vegetables**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 1:25.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.

2. Add a little water.

3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.